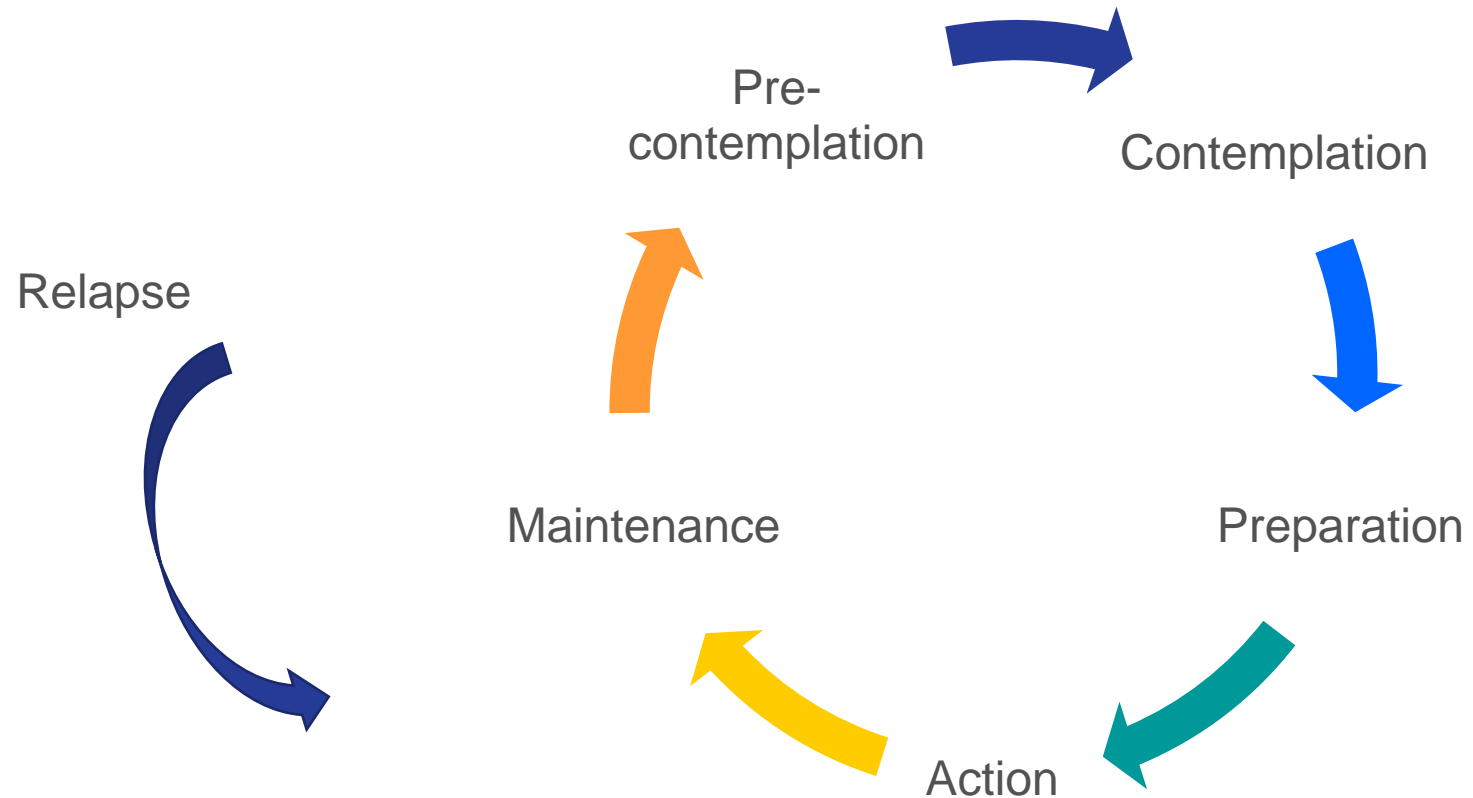


Stages of Change



Stages of Change: Patient Examples

Precontemplation

- “Everything is fine”

Contemplation

- “I’m willing to think about it”

Preparation

- “I have a plan in place, just waiting for the right time”

Stages of Change: Patient Examples

Action

- “Doc, I took your advice...”

Maintenance

- “If things stay like this, I’ll be happy”

Relapse

- “Oops!”